

WHAT IS DATING VIOLENCE?

Any act that one person uses to dominate and control another person in an intimate relationship

EMOTIONAL ABUSE

- put downs
- humiliation
- degradation
- ignoring your thoughts or feelings

PHYSICAL ABUSE

- physical injuries
- coercion and threats
- damaging your property

PSYCHOLOGICAL ABUSE

- fear
- isolation
- jealousy or possessiveness
- controlling what you wear

SEXUAL ABUSE

- unwanted sexual contact
- treating victim like a sex object
- coercion and threats

DIGITAL ABUSE

- controlling your social media
- going through your phone

ASK FOR HELP

1 in 3 adolescents in the US is a victim of physical, sexual, emotional, or verbal abuse from a dating partner

For more info, please call our 24/7 crisis line at 1-970-356-4226. Hablamos Espanol.

Everybody deserves to feel safe.

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